

# 2011 PANCRASE

## World Championships

### Submission Wrestling Divisions

<b>Children's Beginner Divisions</b> 5 – 12 Years Old <i>(Less than 12 months any type grappling experience)</i> Special Rules: No Neck-Cranks, Leg or Foot Submissions Match Duration: 3 minutes	
1: Bantamweight	Under 50 lbs
2: Featherweight	50 lbs – 60 lbs
3: Lightweight	60 lbs – 70 lbs
4: Welterweight	70 lbs – 80 lbs
5: Middleweight	80 lbs – 95 lbs
6: Light Heavyweight	95 lbs – 110 lbs
7: Heavyweight	110 lbs – 125 lbs
8: Super Heavyweight	Above 125 lbs
<b>Children's Intermediate/Advanced Divisions</b> 5 – 12 Years Old <i>(12 months or more any type grappling experience)</i> Special Rules: No Neck-Cranks, Leg or Foot Submissions Match Duration: 3 minutes	
9: Bantamweight	Under 50 lbs
10: Featherweight	50 lbs – 60 lbs
11: Lightweight	60 lbs – 70 lbs
12: Welterweight	70 lbs – 80 lbs
13: Middleweight	80 lbs – 95 lbs
14: Light Heavyweight	95 lbs – 110 lbs
15: Heavyweight	110 lbs – 125 lbs
16: Super Heavyweight	Above 125 lbs

<b>Teen's Beginner Divisions</b> 13 – 17 Years Old <i>(Less than 18 months any type grappling experience)</i> Special Rules: No Neck-Cranks, Leg or Foot Submissions Match Duration: 3 minutes	
17: Featherweight	Under 120 lbs
18: Lightweight	120 lbs – 135 lbs
19: Welterweight	135 lbs – 155 lbs
20: Middleweight	155 lbs – 175 lbs
21: Heavyweight	Above 175 lbs
<b>Teen's Intermediate/Advanced Divisions</b> 13 – 17 Years Old <i>(18 months or more any type grappling experience)</i> Special Rules: No Neck-Cranks, Leg or Foot Submissions Match Duration: 4 minutes	
22: Featherweight	Under 120 lbs
23: Lightweight	120 lbs – 150 lbs
24: Welterweight	135 lbs – 155 lbs
25: Middleweight	155 lbs – 175 lbs
26: Heavyweight	Above 175 lbs

<b>Women's Beginner Divisions</b> <i>(Less than 18 months any type grappling experience)</i> Match Duration: 4 minutes	
27: Lightweight	Under 120 lbs
28: Middleweight	120 lbs – 140 lbs
29: Heavyweight	Above 140 lbs
<b>Women's Advanced Divisions</b> <i>(18 months or more grappling experience)</i> Match Duration: 5 minutes	
30: Lightweight	Under 120 lbs
31: Middleweight	120 lbs – 140 lbs
32: Heavyweight	Above 140 lbs
<b>Women's Absolute</b> <i>(Open to all weights &amp; skill levels)</i> Match Duration: 5 minutes	
33: Open to all weight and skill levels	

<b>Men's Beginner Divisions</b> <i>(Less than 18 months any type grappling experience)</i> Match Duration: 4 minutes	
34: Featherweight	Under 140 lbs
35: Lightweight	140 lbs – 150 lbs
36: Welterweight	150 lbs – 165 lbs
37: Middleweight	165 lbs – 180 lbs
38: Light Heavyweight	180 lbs – 200 lbs
39: Heavyweight	200 lbs – 220 lbs
40: Super Heavyweight	Above 220 lbs
<b>Men's Intermediate Divisions</b> <i>(18 – 36 months any type grappling experience)</i> Match Duration: 4 minutes	
41: Featherweight	Under 140 lbs
42: Lightweight	140 lbs – 150 lbs
43: Welterweight	150 lbs – 165 lbs
44: Middleweight	165 lbs – 180 lbs
45: Light Heavyweight	180 lbs – 200 lbs
46: Heavyweight	200 lbs – 220 lbs
47: Super Heavyweight	Above 220 lbs
<b>Men's Advanced Divisions</b> <i>(36 months or more grappling experience)</i> Match Duration: 5 minutes	
48: Featherweight	Under 140 lbs
49: Lightweight	140 lbs – 150 lbs
50: Welterweight	150 lbs – 165 lbs
51: Middleweight	165 lbs – 180 lbs
52: Light Heavyweight	180 lbs – 200 lbs
53: Heavyweight	200 lbs – 220 lbs
54: Super Heavyweight	Above 220 lbs
<b>Men's Absolute</b> <i>(Open to all weights &amp; skill levels)</i> Match Duration: 5 minutes	
55: Open to all weight and skill levels.	